

No Dependable Source of Iron for Infants at ≥ 6 Months (AK 49-USDA 414)

Explain to Participant	<p>You're enrolled in the WIC program today because your infant's diet is low in iron. All babies need a good source of iron in their diets. At birth, your baby had enough iron in her body to last for about 4-6 months. If your baby was born early or if you were low in iron during pregnancy, your baby may only have had enough iron to last for 2-3 months. Your baby needs a good source of iron in her diet now so that she will continue to grow properly. Iron will help her brain and it will help to keep her from getting sick. The best sources of iron for your baby are mother's milk, iron-fortified formula, infant meats and iron- fortified infant cereal. Some infants may be offered an iron supplement, if recommended by your health care provider.</p>	
Goal	<p>The goal is to insure that the infant's intake of iron is adequate for good health.</p>	
Suggestions for Reducing Risk	<p>Continue to offer the infant at least 24 ounces of iron-fortified formula per day. OR breastfeed (on-demand) OR feed expressed mother's milk at least 4 – 5 times per day. Choose other age-appropriate foods containing iron including iron fortified cereal and strained meats. Continue to introduce foods according to the recommended guidelines. Identify age-appropriate foods that can contribute iron to the infant's diet. Explain the importance of serving a food source of vitamin C with non-heme sources of iron.</p>	
Nutrition Education Material Suggested	<p>Explain the nutrition education material suggested.</p> <p>Food for your Baby's First Year, IRON IN FOODS</p>	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Iron Fortified Infant Formula	Calcium, Vitamins A & C, Protein, Iron
	Iron Fortified Infant Cereal	Iron
	WIC Juice	Vitamin C
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information	Bright Futures for Infants	